



## Community First Responders – New volunteers required

Yorkshire Ambulance Service operates a Community First Responder (CFR) scheme (<http://www.communityresponders.yas.nhs.uk/>) where volunteers are trained to use life-saving skills in their local area. Tockwith's CFR group started in April 2015 and has recently expanded to include Long Marston.

CFR volunteers are trained in patient assessment, cardio-pulmonary resuscitation (CPR), defibrillation and oxygen therapy. They are equipped with an Automated External Defibrillator (AED), oxygen and a first aid kit. When a 999 call is received by the Yorkshire Ambulance Service, an ambulance is dispatched. If required, a CFR volunteer is alerted and asked to assist at the incident to ensure trained assistance reaches the patient as quickly as possible. All the volunteers are based within the community so could be only be a few minutes away from a medical emergency.

Often their role is to simply provide reassurance to patients and their families until the ambulance clinicians arrive. However, in more serious cases where the first few minutes can be critical, they can provide basic life support and oxygen therapy.

CFR volunteers come from all different walks of life and volunteer for different reasons. No previous medical experience or training is necessary although you will need a caring attitude and be able to cope with potentially distressing situations.

To volunteer you need to:

- Be aged 18 or older
- Hold a valid, full UK driving licence for at least 12 months with no more than three penalty points
- Have access to a car
- Be prepared to undertake a Disclosure and Barring Service check
- Be prepared to undertake occupational health screening
- Be prepared to attend the Yorkshire Ambulance Service CFR course

Currently the Tockwith and Long Marston scheme is endeavouring to provide cover daily between the hours of 9am and 9pm but there are not enough volunteers to provide this level of cover consistently.

If you are interested in training as a CFR volunteer or would like more information, please contact the Community Responder Resilience Team ([responders@yas.nhs.uk](mailto:responders@yas.nhs.uk)) or the Tockwith CFR Coordinator, Fiona Steed at [steed951@steed951.plus.com](mailto:steed951@steed951.plus.com)